

**Amendments to the Claims**

Please cancel claims 5 and 9 and amend claims 4, 8, 16 and 17 as follows as follows. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

1-3. (canceled)

4. (currently amended) An exercise device comprising:

a geometric element with a relatively flat bottom;

a top comprising a compressible covering;

a spring element between the top and the bottom of the device, the spring element comprising an inflatable bag;

the device being sized for use as a push up exercise device;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.

5. (canceled)

6. (previously presented) The device according to claim 4 wherein the exercise is a pull-up.

7. (previously presented) The device according to claim 4 wherein the exercise is a dip.

8. (currently amended) An exercise device comprising:

a geometric element with a relatively flat bottom;

a top comprising a compressible covering;

a spring element between the top and the bottom of the device;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise; and

a-elastic means for decreasing the force required to be exerted by a user during an exercise by ~~adding-resistive force-~~ an elastic element to the to the spring element.

9-11. (canceled)

12. (previously presented) The device according to claim 8 wherein the device comprises user-assemblable components.

13-14. (canceled)

15. (previously presented) The device according to claim 5 wherein the compressible covering is contoured to fit to the shape of the human chest.

16. (currently amended) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top;  
a coil spring between the top and the bottom of the device, the coil spring comprising coils;  
spacers, the compression force between the coils being ~~adjusted~~ adjustable by adding spacers  
between the coils;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

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17. (currently amended) An exercise device comprising:  
a geometric element with a relatively flat bottom;  
a top;  
a loop spring between the top and the bottom of the device;  
an elastic band, the compression force between the top and the bottom of the loop spring  
being adjustable by adding at least one said elastomeric band ~~that is placed around~~ the loop spring;  
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

18-19. (canceled)